

# HORÁRIO DE AULAS

## INOVA - PRAÇA DA MOÇA

DATA DE ATUALIZAÇÃO: 02/04/2019

| SEG                          | TER                            | QUA                          | QUI                          | SEX                          |
|------------------------------|--------------------------------|------------------------------|------------------------------|------------------------------|
| JUMP<br>07:30 - 08:00        | POWER GAP<br>07:30 - 08:00     | BIKE CLASS*<br>07:00 - 07:30 | WDANCE<br>15:00 - 16:00      | BIKE CLASS*<br>07:00 - 07:30 |
| PILATES<br>08:00 - 08:30     | PILATES<br>08:00 - 08:30       | BIKE CLASS*<br>07:30 - 08:00 | STEP<br>18:00 - 18:30        | BIKE CLASS*<br>07:30 - 08:00 |
| FIT DANCE<br>08:30 - 09:30   | JUMP<br>15:00 - 15:30          | HIIT<br>08:00 - 08:30        | POWER GAP<br>18:30 - 19:00   | HIIT<br>08:00 - 08:30        |
| ZUMBA<br>15:00 - 16:00       | POWER GAP<br>15:30 - 16:00     | WDANCE<br>08:30 - 09:30      | HIIT<br>19:00 - 19:30        | FIT DANCE<br>08:30 AS 9:30   |
| JUMP<br>17:00 - 17:30        | BIKE CLASS<br>17:00 - 17:30    | FIT DANCE<br>17:30 - 18:30   | BIKE CLASS*<br>19:30 - 20:15 | WDANCE<br>18:00- 19:00       |
| STEP<br>17:30 - 18:00        | ABS<br>17:00 - 17:30           | PUMP*<br>18:30 - 19:30       | FIT DANCE<br>19:30- 20:30    | FIT DANCE<br>19:00 - 20:00   |
| PUMP*<br>18:00 - 19:00       | JUMP<br>17:30 - 18:00          | JUMP<br>19:30 - 20:00        |                              | BIKE CLASS*<br>19:15 - 20:00 |
| BIKE CLASS*<br>18:00 - 18:30 | PILATES<br>18:00 - 19:00       | PILATES<br>20:00 - 20:30     |                              |                              |
| ZUMBA<br>19:00 AS 20:00      | FITDANCE<br>19:00 - 20:00      | MUAY THAI<br>20:30 - 22:00   |                              |                              |
| BIKE CLASS*<br>19:00 - 19:30 | BIKE CLASS*<br>19:00 - 19:30   |                              |                              |                              |
| BIKE CLASS*<br>19:30 - 20:00 | BIKE CLASS*<br>19:30 - 20:00   |                              |                              |                              |
| HIIT<br>20:00 - 20:30        | T. FUNCIONAL*<br>20:00 - 20:45 |                              |                              |                              |
| MUAY THAI<br>20:30 - 22:00   |                                |                              |                              |                              |

**\* MODALIDADES QUE PRECISAM DE SENHA**

UNIDADE PRAÇA DA MOÇA

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